

Vienna Chiropractic Associates, P.C.

News



May–August 2010

Brain Fitness Tips: Alternate Nostril Breathing

The right and left sides of your brain have different abilities and strengths. When the two sides of the brain are communicating effectively, you are “putting your best brain forward,” so to speak. A long-standing claim of yoga advocates is that one can improve left brain/right brain communication with the technique of alternate nostril breathing.^{1,2} Recently, research evidence has supported this claim. Czech investigators found increasingly symmetrical activity between the two sides of the brain after alternate nostril breathing.³ This symmetry was

most noticeable in two types of brain waves—alpha and beta. In another study, a modified form of alternate nostril breathing has been used to correct under-stimulation of the right side of the brain in patients with obsessive-compulsive disorder.⁴

There are several forms of alternate nostril breathing, some of which are

quite advanced. Instruction in these advanced techniques is readily available in the Washington metro area for those who wish to pursue serious yoga study. The following is a simplified version of a basic method taught by Richard Hittleman.⁵

Communication between the two sides of the brain also seems to be enhanced by the chiropractic adjustment. Patients often mention improved mental focus or a sense of mental “grounding” after a chiropractic adjustment. Pointing even more strongly to

Continued on page 2

Inside This Issue

Brain Fitness Tips: Alternate Nostril Breathing.....	1
Like To Eat? Cook?.....	2
OK, I'll Bite!	2
Road Trips, Roller Coasters and Other Springy, Summery Things....	3
The Mind of the Child	4
Cellphone Silence	5
Veteran/Student/Multipack Discounts	5
Lots of Information Available	5
Chiropractic Independence Day....	5
Want to Take Your Brain for a Workout.....	5
Thank You!	6
Coupon.....	6

Office Hours

Monday	10:30 am–1 pm	Friday	8:30 am–1 pm
	3pm–7:30 pm		3pm–6:30 pm
Tuesday	10:30 am–1 pm	Saturday	9 am–1 pm
Wednesday	10:30 am–1 pm		(selected Saturdays)
	3–7:30 pm	Sunday.....	closed
Thursday	closed		

Note: We make every effort to provide you with an accurate calendar. That being said, this schedule is made several months in advance. Unforeseen circumstances may require minor changes in the calendar.

Office Calendar

May

1, 15 Saturdays Open
 17 Independence Day
 31 Memorial Day; office closed

June

5, 19 Saturdays Open
 21 Independence Day

July

10, 17 Saturdays Open
 19 Independence Day

August

7, 21 Saturdays Open
 16 Independence Day

September

11 Saturday Open
 20 Independence Day
 25 Doctors out for Seminar; office closed

For appointments, call 703-938-6441. If we are closed or away from the desk, you will reach a tape. Please leave a message and your call will be returned as soon as practicable. Parts of Vienna are, for some reason, cold to cell phone transmissions. If your call doesn't make it through the first time, please try again.

Performing Alternate Nostril Breathing

Exhale completely. Close your right nostril (by pressing the right side of your nose with a finger), and fully inhale through the left. Close your left nostril, and fully exhale through the right. With your left nostril still closed, fully inhale through the right. Close your right nostril and fully exhale through the left. This completes one cycle.

Basically, you change nostrils on exhalation.

Ideally, full inhalation should involve the expansion of the abdomen, then the chest. Full exhalation should reverse the process. This type of breathing involves both the diaphragm and the rib cage. If you find this difficult, just breathe slowly and deeply in a way that feels natural to you. Allow the feeling of the breath entering and leaving your body to become the center of your attention.

Perform at least five cycles. If you wish, gradually increase the number of cycles. The initial time investment will be approximately three to five minutes per day. Discontinue if you feel as if you are out of breath, or if you feel any other disturbing sensations. For most people, this exercise will bring a sense of relaxed energy. Maximum time should not exceed 30 minutes.

Continued from page 1

left brain/right brain communication is an increase in creativity reported by some patients following a chiropractic adjustment.⁶

In the 1990s, a series of five cases was published in which EEG analyses were performed before and after chiropractic adjustments.⁷ Improved synchrony between the left and right sides of the brain were noted in terms of alpha and beta waves. This is reminiscent of the EEG patterns during alternate nostril breathing.

Based on the best available evidence, we suggest daily alternate nostril breathing and regular chiropractic adjustments as good general practices for brain fitness. Of course, there are times when it is especially important for your left and right brain to be on the best possible “speaking terms.” If you are scheduled for a job interview, an important business meeting, a crucial academic test, a challenging athletic contest, or a high-stakes social event, why not put your best brain forward? Prepare yourself with a chiropractic

adjustment and an extra session of alternate nostril breathing. 🧘

References

1. Iyengar, B.K.S. *Light on Yoga*. Shoken Books, New York, 1979.
2. Rama, S., R. Ballentine and A. Hymes. *Science of Breath: A Practical Guide*. Himalayan International Institute of Yoga Science and Philosophy. Honesdale, Pennsylvania, 1981.
3. Stancak, A. and M. Kuna. EEG Changes During Forced Alternate Nostril Breathing. *International Journal of Psychophysiology*, 1994; 18:75-79.
4. Shannahoff-Khalsa, D.C. and L.R. Beckett. Clinical Case Report: Efficacy of Yogic Techniques in the Treatment of Obsessive Compulsive Disorders. *International Journal of Neuroscience*, 1996; 85: 1-17.
5. Hittleman, R. *Richard Hittleman's Guide to Yoga Meditation*. Bantam Books, New York, 1969.
6. Masarsky, C.S. and M. Todres-Masarsky. Effect of a Single Chiropractic Adjustment on Divergent Thinking and Creative Output: A Pilot Study. *Chiropractic Journal of Australia*. Accepted for publication, 2010.
7. Hospers L.A. EEG and CEEG Study Before and After Upper Cervical of SOT Category II Adjustment of Children After Head Trauma, In Epilepsy, and in “Hyperactivity.” Proceedings of the National Conference on Chiropractic and Pediatrics, pp 84-139. International Chiropractors Association, Arlington, VA, 1992.

Like To Eat? Cook?

Good, because we’re having a recipe contest! Why is a health care facility having a food oriented event? Food is the fuel we need to live! The good news is, that virtually all real food (chemicals are not food!) can provide a share of that necessary fuel, as well as a framework for pleasure, healing and social interaction. All real food can be health food. (And the contest will be fun!)

Not serious enough? We’re also hoping you’ll make a nominal (or otherwise!) donation to OXFAM AMERICA. They feed people in crisis in America and around the world without maintaining an expensive, intricate infrastructure.

In the interest of saving space, we are posting all the information about the contest (DOWN TO EARTH: Healthy Home Cooking) on our website, www.neurologicalfitness.com. Click the button that says “Contest 2010.” If it isn’t up yet when you get this or you don’t have access to a computer, please call us at 703-938-6441 or pick up an info package next time you’re in the office.

Note: You don’t have to be a patient to enter this contest. 🧘

OK, I’ll Bite!

What are those foam wedges on the sale shelves? They’re pillows designed to cushion you when you need to sit for a long period. They also give you a slight tilt to encourage good seated posture. These are especially helpful if you are having sacroiliac or sciatic problems after sitting for a while. Remember the kneeling chairs? Think “kneeler” with a protective cushion and while saving your knees. 🧘

Road Trips, Roller Coasters and Other Springy, Summery Things

Late spring and summer are just different from the rest of the year. We are more likely to be outdoors, doing more in general and exposing ourselves to new or different, more vigorous activities, climates and experiences. Even if we have no vacation time coming or are watching our finances, there are so many enjoyable possibilities available to most of us.

ROAD TRIPS

Whether you're picking up a kid at college, taking a long awaited vacation to someplace new or well-remembered, or are off to Alberta or Ohio to visit family members you don't see all year, the road can be hard on your body. If it's a matter of an extra suitcase or having enough room for everyone to sit comfortably, pack less. While it's no thrill to be doing laundry on vacation, it's more important for everyone to have enough room to sit like a human (should they decide to) and to be able to breathe. Get out of the car often and switch drivers if this is an option. You'll feel better, blood can flow normally and you'll find it easier to focus on the road.

The roads are crowded once school is out, with lots of inexperienced drivers out there, or drivers who have simply driven beyond their time tolerance. Many texts send they will! Hopefully, this will not happen, but should you or your fellow travelers be in any kind of altercation between cars, assuming no one is having a medical crisis, get to your room or vacation home and ice your entire neck and

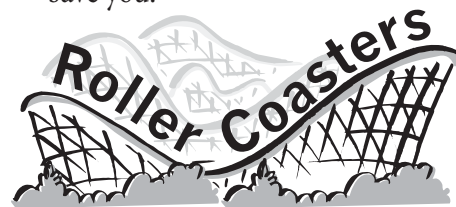
spine for 15-20 minutes (remember to put a towel around the ice) and get some rest. If you are still in pain in a few hours, seek chiropractic care. We will be happy to try to help you find someone reliable where you will be staying and if you do find you have to be seen while on vacation, we will do all we can to be able to speak to the practitioner you've found and fill him or her in on your history and spinal "likes and dislikes." Then, call us when you get home, so you don't end up with an unwanted souvenir of your summer vacation's untreated injury. This includes the kids, who can get thrown around even in a fender bender. Children will try to shake things off so they can go play, and often they can. Their still developing bodies are very flexible. Watch them for signs of pain or limited/uneven mobility to make sure that developing body doesn't end up incorporating the unnecessary effects of injuries into the finished product.

Lucky enough (we know, questionable wording) to be flying instead of driving? We can't do much about the determined space hog in the next miniature seat or the fellow traveler who thinks that, along with the seat price, they've purchased the right to put their seat back so far back that their head is almost in your lap, but there are a few things you can do to preserve some safety and spinal health.

1. Try to get two of those little pillows. If you are lucky enough to get them, fold one in half and put it behind your neck for support.

Put the other on end in the small of your back. It's important to support your natural spinal curves, especially on long flights, and we've yet to meet the critter those seats were designed for. If you can't get the pillows, anything you can roll up or fold will help.

2. Do the strange little exercises for your circulation. You're not trying out for the Bolshoi, you're working on keeping your veins clear and unblocked. It's difficult to move around planes anymore and getting down the aisles for any reason may be difficult, but you've got to move your legs.
3. Be careful of the overhead bins. If it's a long flight, you may have to get in there at some time, but it is safer if you don't. Things do shift up there and they can come flying out unexpectedly as you're trying to stow a laptop or to deplane. You don't especially need to catch a suitcase in the head or shoulder when someone opens the bin around you.
4. Check in at the office at the end of the trip so that we can adjust any trip-sponsored subluxations from which the above advice couldn't save you.



For many families, it's not summer unless they hit at least one amusement park. We know several people who travel in search of them. Remembering the two following tips can save you a lot of mid-vacation aggravation.

1. Note any restrictions on height or weight. "Must be over...feet" or "no

Continued on page 4

one over . . . pounds” are there for a reason. Otherwise, you may spend the whole ride trying to keep a nine-year old who is really too small for the restraints from learning how to fly. Likewise, that flying thing with the bounce built in may not safely support a full grown adult and there are things you don't need to learn the hard way.

2. Be aware that unless you're on a carousel or riding the teacups, amusement park whiplash can be a very real possibility, with all the abrupt starts and stops, flips and bumps. Ration yourself on the more extreme rides. If you've been really stressed out or having a neck or back problem, your ligaments may be looser than usual, which means all your joints may be less stable. If so, your chances of injury are greater. If you've got hypertension (high blood pressure) or headaches, please consider avoiding anything that will flip you upside down.



For the springtime athletes, please go to our website, www.neurologicalfitness.com, and check out “In the Pool” in the May–August 2007 newsletter (www.neurologicalfitness.com/newsletr/VCA_Sprint'07.pdf). Likewise, gardeners, please go to the following articles in the newsletter: “Ah, Spring!” May–August 2009 (www.neurologicalfitness.com/newsletr/Summer09.pdf), “No, You Really . . .” in May–August 2008 ([\[Spring08.pdf\]\(http://www.neurologicalfitness.com/newsletr/news0504EXC.htm\)\), “Pulling Vines,” May–August 2004 \(\[www.neurologicalfitness.com/newsletr/news0504EXC.htm\]\(http://www.neurologicalfitness.com/newsletr/news0504EXC.htm\)\) and “In the Garden,” May–August of 2003 \(\[www.neurologicalfitness.com/newsletr/news0503EXC.htm\]\(http://www.neurologicalfitness.com/newsletr/news0503EXC.htm\)\) for some tips to help you enjoy your hobbies more.](http://www.neurologicalfitness.com/newsletr/</p></div><div data-bbox=)

For all the above, we have one word of advice: **HYDRATE!** You need water for proper circulation and blood pressure, to help you tolerate the heat, to get rid of toxins breathed in or ingested. As you probably know, you can go quite a

while without food, in fact that corn dog you've been eyeing may not have your best interests in its delicious deep fried little consciousness (?). You **must** have water. Carry it with you if you will not be near a potable source for a while. Accept it on the plane, that strange, unpleasant, little metallic bathroom is just a fact of life and a great excuse to walk a little. Drink water in the car, you're guaranteed to get up and out more often. Maybe drink it **after** you all leave the roller coaster.

Enjoy every bit of summer! ☺

The Mind of the Child

Chiropractic care is best known for helping active adults overcome back pain, neck pain and headaches. While drug-free pain relief is a valuable service, the chiropractic adjustment offers additional benefits. These benefits may include improved mental function.

A recent paper described 157 children between six and thirteen years of age with various forms of developmental delay.¹ Their problems included poor memory, dyslexia, attention deficit, and hyperactivity. A battery of eight psychological tests was administered before and after chiropractic care. These tests measured various aspects of memory, orientation in space and time, visual and auditory perception, and muscular coordination.

Individually tailored chiropractic care lasted from four days to eighteen months. The most common problems were misalignment or abnormal motion (subluxation) of the vertebrae of the neck or the bones of the skull. In addition to gentle adjustments for

the correction of these subluxations, reflex techniques were used to improve coordination of the eyes (technically referred to as “binocular fusion”). Chiropractic techniques for improved function of the neck muscles were also brought into play. After this care, the psychological tests were repeated.

As a group, the children improved on all eight tests. For example, on one of the memory tests, 82% of the children improved, with the average improvement reaching 33.2%.

These encouraging results are part of a growing body of literature on the benefits of chiropractic care for developmentally delayed children.²⁻⁸ These benefits have long been available regardless of ability to pay at the non-profit Kentuckiana Children's Center in Louisville, Kentucky.⁹ At this center, founded in 1957, doctors of chiropractic work cooperatively with medical doctors, dentists, nutritionists, speech therapists, counselors, educators and other professionals to help children overcome their developmental challenges.

The future of our society depends in large measure on what we do to develop the mind of the child today. Cooperation between the helping professions in the interest of health in general and children's mental development in particular will hopefully be the norm some day soon. ☺

References

1. Cuthbert, S.C. and M. Barras. "Developmental Delay Syndromes: Psychometric Testing Before and After Chiropractic Treatment of 157 Children." *J Manipulative Physiol Ther*, 2009; 32: 660-669.
2. Giesen, J.M., J.B. Center and R.A. Leach. "An Evaluation of Chiropractic Manipulation As a Treatment of Hyperactivity in Children." *J Manipulative Physiol Ther*, 1989; 12: 353-363.
3. Phillips, C.F. Case Study: The Effect of Utilizing Spinal Manipulation and Craniosacral Therapy as the Treatment Approach for Attention Deficit-Hyperactivity Disorder. In: *Proceedings of the National Conference on Chiropractic and Pediatrics, International Chiropractors Association, Arlington, VA*, 1991: 57-64.
4. Thomas, M.D. and J. Wood. "Upper Cervical Adjustments May Improve Mental Function." *J Man Med*, 1992; 6: 215-216.
5. Arme, J. "Effects of Biomechanical Insult Correction on Attention Deficit Disorder." *J Chiropr Case Rep*, 1993; 1(1): 6-9.
6. Araghi, G.H. Oral Apraxia: A Case Study in Chiropractic Management. In: *Proceedings of the National Conference on Chiropractic and Pediatrics, International Chiropractors Association, Arlington, VA*, 1994: 34-41.
7. Manuel, J.D. and P.N. Fysh. Acquired Verbal Aphasia in a 7-Year-Old Female: Case Report. *J Clin Chiropr Pediatr*, 1996; 1: 89-94.
8. Peet, J.B. "Adjusting the Hyperactive/ADD Pediatric Patient." *Chiropr Pediatr*, 1997; 2(4): 12-15.
9. Barnes, T. "Chiropractic Management of the Special Needs Child." *Top Clin Chiropr*, 1997; 4(4): 9-18.

Cellphone Silence

That's what we're aiming for in the office. Please set your phone on vibrate for the duration of your appointment. While you may not mind sharing the details of your life, to others they may

represent way too much information. If your phone rings and you answer it while in the adjusting room, you are taking time from your own visit, instead of putting it into restoring and maintaining your health.

We realize that sometimes there is a tremendously important call out there, a child who will need to be picked up now, or a client who has been all but unreachable. For those other calls, why not give yourself a break and either answer them later (after all, this is your fifteen minutes or half hour) or, as has always been available to our patients, if you are expecting a call and there is a good possibility it'll come through while you're in the office, give that person our number! Our staff will either give you the message when you come out of the adjusting room or come and let you know you've got an emergency call.

Veterans

If you've been deployed to Iraq or Afghanistan in the last five years, we've got a gift for you. It's a year of care at our office, completely free of charge. All you need to do is show us your orders and accept our thanks.

Students

Let's try to keep you healthy while you study. Ask about our discounts for people involved in full time, on-campus college or vocational studies.

Multipacks

If you're interested in having your spine checked regularly on an early intervention basis, you may be interested in our six and twelve packs or our eighteen-visit family pack. You'll save money while safeguarding your spinal health and mobility.

Lots of Information Available

We invite you to check out the construction site also known as our website at: www.neurologicalfitness.com.

Chiropractic Independence Day

In an effort to make chiropractic care available to everyone, we have set aside selected Mondays as Chiropractic Independence Days. On these days, there are no set fees. Your decision to seek care is based solely on your desire for same, regardless of economics or insurance complications. Payment, unless you decide to write a check or charge it, goes anonymously into a box on the front desk and is based, by you, on a combination of what you think the care is worth and your ability to pay. Medicare is the only exception, since those fees are federally mandated. We do accept new patients on Independence Days, based on availability in the schedule. This is a great way to introduce friends, family and co-workers to chiropractic. These slots do fill in quickly, so make your appointment early to get the time you need.

Want to Have Some Fun AND Take Your Brain for a Workout?

Then go to our website, www.neurologicalfitness.com and click on the button "ARCADE." It should be up when you get this, but if it's still under construction, it's worth waiting and checking out very soon.

In Case You've Been Wondering...

Typesetting
The Write Place
HHHerbals1@aol.com

Printing
Allegra Print & Imaging of Fairfax
703-698-7823

Website Maintenance
Andrew Reilly
techmaniac@verizon.net



© 2010: Drs. Marion Todres and Charles Masarsky, Chiropractors

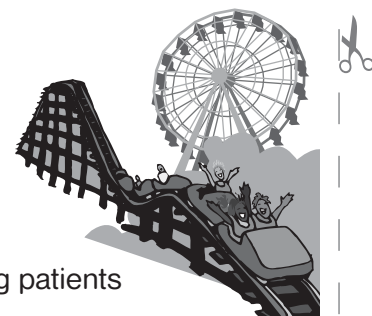


COUPON

Let's Help You
Have a Healthy Summer!

\$50 (1st visit) new patients **\$30 (1 visit)** existing patients

Offer is good through September 1, 2010



Vienna Chiropractic Associates, PC
421-B Church St., NE
Vienna, VA 22180



For an appointment, call:
Tel: 703-938-6441
www.neurologicalfitness.com

News

Vienna Chiropractic Associates, P.C.
421-B Church Street, NE
Vienna, VA 22180

Address Correction Requested

